



# Erkner Triathlon 2.0

Erkner / 09.09.2018

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Zeitler, Timo

000: 4:58:13

00: Potsdam

00: 121

00: 116.79 km

Mittel Distanz

0000:

SEN1 / TM 40

00000/000: 5 (of 87)

00000/0: 5 (of 76)

000000: 4:35:09

00000: 1(of 14)

0000000: 4:58:13

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.90	32:21	17:01	3	30:48	11	30:48	1.90	32:21	17:01	3	30:48	11	30:48
Wechsel S -> R	0.26	2:17	8:46	1	-	10	0:40	2.16	34:38	16:02	1	-	8	4:08
Schwimmen 000	2.16	34:38	16:02	1	-	8	4:08	2.16	34:38	16:02	1	-	8	4:08
Rad netto	93.00	2:47:19	1:47	2	23:27	12	35:45	95.16	3:21:57	2:07	2	13:45	8	28:34
Wechsel R -> L	0.13	2:40	20:30	10	1:21	59	1:39	95.29	3:24:37	2:08	2	12:55	7	16:13
Rad 000	93.13	2:49:59	1:49	3	22:37	12	22:37	95.29	3:24:37	2:08	2	12:55	7	16:13
Lauf	21.50	1:33:36	4:21	1	-	3	6:51	116.79	4:58:13	2:33	1	-	5	23:04